



SPRINGHILL
HOSPICE

Making every moment count

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Firewalk



Page 33 Our shops
have reopened!



Springhill News

Spring/Summer 2021

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PROUD TO SUPPORT

Hello!

Welcome to the Spring/Summer edition of our Hospice Newsletter.

It's wonderful to see our gardens come to life and the much needed colour and joy this has brought to Springhill. We hope that we will be able to welcome you back to our Summer Garden Celebration in August.

As a result of the restrictions our Day Hospice remains closed, although it continues online through virtual sessions. In this newsletter, Helen explains how this service has been invaluable to her, and many more local people like her, over the past 12 months.

The cancellation of our events last year was devastating, but with the announcement of the roadmap out of lockdown we're delighted to announce the return of some of our fundraising events, including flagship and new events. Alternatively, if you fancy something a little more strenuous, how about taking on one of our many challenges?

We have missed seeing you, our wonderful supporters, and our volunteers too over recent months and we hope that as the year goes on, we are able to meet more of you in person once again.

Whilst we are feeling positive as restrictions lift, we are still concerned about the longer-term impact the pandemic will have on our finances. We will continue to rely on your support as we navigate our way through the coming months. Whether you shop with us, take part in our Lottery or one of our events, give your time as a volunteer, or support us in a different way, you are making a huge difference to the care and services we provide at Springhill. You are making every moment count for individuals living with a life limiting illness across the borough of Rochdale.

I hope that the stories in this newsletter inspire you. Thank you for your kindness and continued support.

Please continue to stay safe and look after your loved ones.

Emily

Head of Income Generation and Marketing

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Springhill Hospice

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Registered Charity No. 701798

Helen's Story



Helen accessed services with Springhill's Day Hospice team following her secondary diagnosis in 2016. Since then, our Day Hospice team has been a lifeline of support for her.

In March 2011, Helen was diagnosed with Breast Cancer and received a series of treatments before being given the all clear in January 2012. Helen took the view that she wanted to get back on with life, deciding not to return to work, and choosing to enjoy spending time with husband, Steve, and their three children – dreaming of the gift of grandchildren and happier days.

In 2015 Helen celebrated her 50th birthday and later found out that son, Ian, and girlfriend, Charlotte were expecting Helen's first grandchild, with Daisie-Mae being born in June. Through this whirlwind of excitement and celebrations Helen had been suffering with some neck pain. Wanting to be able to help with childcare and to make the most of time with new granddaughter Daisie-Mae, Helen went to see her GP and was referred for some physio. Given Helen's previous diagnosis the physio team wanted to do some further investigations and so Helen was sent for an MRI scan.

In and amongst the scan and appointments there were more celebrations as Ian and Charlotte got married. Shortly after, Helen received her MRI results and was hit with the bombshell that she had a tumour on the third vertebrae in her neck. Helen was admitted into Oldham Royal and immediately fitted with a neck brace which reduced her pain almost

instantaneously.

Then came the news that the tumour had moved into the second and fourth vertebrae, narrowly missing Helen's spinal cord.

Helen was admitted onto the ward at Oldham Royal, where the team looked after her and the whole family. Helen had further scans and received care and support from the specialist cancer nurse and clinical team.

Helen's care was transferred to her surgeon at Salford Royal and the Oncology team at the Christie. Treatment options and timescales were discussed, with Helen opting for 6 months of bone strengthening treatment before having an operation to remove the tumour.

During the 6 months of treatment Helen continued to receive support and care from the teams at Salford Royal and the Christie. With Christmas 2015 came increased levels of pain for Helen, and the news that secondary breast cancer was confirmed. This news meant that Helen's surgery needed to be moved forward and she wouldn't finish the 6 month treatment plan.

On 18th February 2016, Helen's birthday, she returned to Salford Royal for surgery to fit titanium rods and screws into her vertebrae to support her neck and head along with a course of radiotherapy.

Following the successful operation and treatment Helen was referred to Springhill Hospice by the Christie and has been attending Day Hospice sessions at Springhill since then.

Once the Coronavirus pandemic hit the UK in March 2020,

Helen's attendance at Day Hospice was, sadly, suspended in-line with the Government's restrictions. In response to the guidelines, our teams have since adapted their services in order to continue supporting patients like Helen in their own homes.

"It's been different with Covid. When I've been into Day Hospice before, I get to interact with staff and volunteers and they offer complementary therapy treatments – I really love the reflexology, so I have missed that."

Our Day Hospice team has launched a series of Virtual Wellbeing Sessions for people living with a life limiting illness and their carers to access online via video call, with different subjects and topics each week.

Helen was one of the first patients to trial our Virtual Day Hospice sessions. "The virtual sessions have been brilliant. I've done various sessions with the team, Anwen, Jean and Tricia – they're very helpful. It's given me something to look forward to whilst I've been shielding and haven't been able to go out. It's been really good. I've seen other patients who I've got to know and we can talk about and understand what each other is going through and it's nice to have the visual contact through the video calls".

Springhill's Day Hospice offers 12 week programmes to support patients living with a life limiting illness. Helen is really looking forward to being able to return to the Hospice when it's safe for face to face sessions to restart.

During the peak of Helen's diagnosis and illness, she took comfort in being able to spend quality time with granddaughter Daisie-Mae. Fast forward to 2021 and Helen now has six grandchildren who she dotes over and who keep her going! There have been ups and downs since Helen's surgery in 2016. The appearance of smaller tumours have been controlled with bouts of radiotherapy and Helen's condition has remained stable.



Our Virtual Wellbeing Sessions are available for those living with a life limiting illness and their carers. To find out more about the sessions available and how they can help you to manage your condition, visit www.springhill.org.uk/day-hospice

We all need to plan for the future. Help Springhill plan future Hospice care

Your decision to leave a gift in your will to the Hospice means that, years from now, our nursing teams and clinical services will be here to help those in need of care and support when it matters most.

At Springhill we are committed to making every moment count for our patients and their families. That's why we believe it's really important to plan for the future. Planning helps to take the worry and fear out of what might happen so we can focus on those special moments and what is really important to us.

Making a will can be a daunting prospect. You might not know where to start or you might think you don't need a will. You might think it's a large expense or you might not know what happens if you don't hold a valid will. We're here to help.

You can do something wonderful by remembering Springhill Hospice with a gift in your will. Whatever you choose to leave, a gift of any size could help us to give care, support, and comfort to families and members of our local community for generations to come.

Once you have provided for your loved ones and those you care about, thinking about the Hospice in your will can make a real difference to those who may need Springhill in the future.

We will use your special gift wisely and effectively, to fund vital items of equipment that help to provide pain relief, 24-hour nursing care, or those little extras that help make every moment count for our patients and their families. We value every pound that is donated to us and put it to the best possible use. You don't have to tell us if you

choose to remember the Hospice in your will – we respect your right to privacy. Your gift will help our patients to make every moment count.



"Should anything happen to me, I have comfort knowing that the rewards of my life's work will be distributed and managed according to my wishes."

William



Last year, **one in five** days of In-Patient care at Springhill Hospice was funded by gifts in wills.

If you have any questions about making a will and leaving a gift to Springhill Hospice, please get in touch, we're here to help. Call our Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk



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How can you support your local Hospice?

Make a donation

- Call our team on 01706 641790 or visit www.springhill.org.uk to make a donation
- Sign up to Springhill's Lottery at www.springhill.org.uk/lottery
- Support our Nursing Resilience Appeal at www.springhill.org.uk/nursingappeal
- Enter our Summer Superdraw (tickets enclosed or available on our website)
- Donate your old, unwanted or broken vintage and collectable items to us by booking your free collection at www.vintagegiving.com/en/springhillhospice



Support us online

- Visit our website to learn more about us
- Follow us on our social media sites
- Set up an online giving page or Facebook Fundraiser to raise money for Springhill



Give your time

- Volunteer to help Springhill Hospice. We have volunteer opportunities in our shops, at the Hospice, in our Fundraising Office and at our events

To find out more about volunteering at Springhill Hospice visit www.springhill.org.uk/volunteering or call our Volunteer Coordinator on 01706 649920.



Shop with us

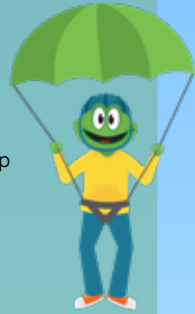
- Donate your preloved items
- Shop with us in our high street shops or our eBay store
- Volunteer at your local shop for a few hours each week
- When shopping online shop through Amazon Smile and select Springhill Hospice as your chosen charity



To find out more about shopping with us visit www.springhill.org.uk/retail

Be a Hospice Hero

- Choose Springhill as your Charity of the Year
- Book a member of the Springhill Team to come and give a talk to your workplace, school or group
- Donate a raffle prize
- Host one of our collecting pots in your place of work
- Turn those pennies into pounds with one of our loose change boxes
- Set up your Facebook Fundraiser for Springhill to celebrate your special day
- Take on one of the activities from our challenges programme



Take a walk to remember this September

We're busy making plans for a brand new event, coming this September.

Step out for Springhill on 18th September in memory of your loved ones, taking time to remember, reflect and raise funds with every step you take.

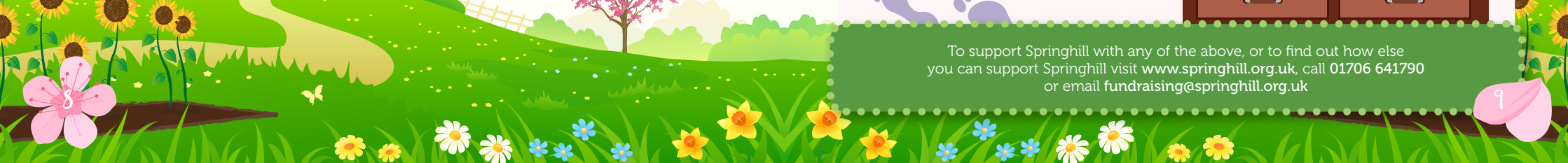
Whether you're stepping out in memory of a loved one, or purely in support of Springhill, you will be helping to make every moment count for patients and families at Springhill Hospice.

More details to follow this Summer, please keep in touch and watch out on our website and social media channels for our official launch!

Alternatively, you can register your interest to take part in A Walk To Remember by contacting the Fundraising Team on 01706 641790 or emailing fundraising@springhill.org.uk



To support Springhill with any of the above, or to find out how else you can support Springhill visit www.springhill.org.uk, call 01706 641790 or email fundraising@springhill.org.uk



Business Buddies scheme

at the heart of our community



By joining Springhill's Business Buddies, you will be supporting the expert care our devoted nurses provide to local people in their time of need.

UNITE

You will be helping Springhill Hospice to provide a high standard of care to the people in our local community, at the time and place they most need it.

SHAPE

Business Buddies helps to build strong, mutually beneficial partnerships to develop corporate support and generate sustainable income and relationships within our local community.

ENGAGE

Business Buddies is open to companies of every size and sector. We want to understand your motivations, strengths and aims as a business, enabling us to build a forward-thinking and progressive partnership.

Spotlight on Rochdale AFC Community Trust

We recently welcomed Rochdale AFC Community Trust as the latest member of Springhill's Business Buddies scheme. The club has been involved with many fundraising initiatives over the years, including regular bucket collections by our Hospice at Home team at the Crown Oil Arena.



Rochdale AFC Community Trust, the club's official charity, have renewed their commitment to support the Hospice and will be involved with various Hospice events throughout the year, as well as running joint fundraisers for the benefit of both charities.

Frances Fielding, Commercial Director, said: "We have been long term supporters of Springhill Hospice at the Football Club, holding bucket collections and supporting events. It's great

to become formal Business Buddies and expand this support."

Rochdale AFC try to help raise funds for the Hospice every year and, with the stadium and stands still missing their supporters, they recently decided to hold a virtual bucket collection to make up for missing events that were also affecting Springhill. Fans stepped up to the mark as usual and raised a brilliant £335. Up the Dale!



Meet our Business Buddies:

- | | | |
|--------------------------------------|----------------------------------|------------------------------|
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| Baker Bennett | Hanson Springs | Reside Estate Agents |
| Bamford Contract Services | Hopwood Hall College | Rochdale AFC Community Trust |
| Bexan Limited | Icon Sports | Rochdale Occupational Health |
| Black Sheep Design | Jackson Jackson Ltd | Rochdale Online |
| Boulting Environmental Services | Ken Taylor Supplies | Rochdale Sixth Form College |
| Cullen Wealth Ltd | KHF Solicitors | Rochdale Training |
| D-Engergi | LMS Property Management | RRG Toyota |
| Diamond Solutions | Logic Wealth Planning | Simkiss Control Systems |
| Digital Telecom | Mark Boulton & Co Estate Agents | Suprafit |
| Engaging Safety Ltd | Meraki Scents | Texchem UK Ltd |
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| Graham Poole Road Transport Ltd | Paul Smith & Co | Wyatt Morris Golland Ltd |
| GW The Marketing Guy | PDS Windows | Roma Publications |
| | PKW LLP | |

Thank you to each and every one of our Business Buddies - Your membership is a way of being part of something very special; knowing that every hour of every day your generosity is giving a member of your local community the chance to make every moment count in their final days.

To find out more and join Business Buddies please call the Fundraising Team on 01706 641790 or email fundraising@springhill.org.uk



Take on Springhill's £30 Challenge

Schools and businesses are invited to take on our £30 Challenge.

If you're looking for a fun way to bring your students and colleagues together then why not take on Springhill's £30 Challenge?

How does the £30 Challenge work?

Teams will be provided with a £30 start-up loan from the Hospice with the challenge to make as much profit for Springhill as they can within a designated time. At the end of the challenge, the £30 loan will be returned to Springhill together with the profits made along the way. There will be a weekly challenge totaliser leader board, so you can track your closest competitors.

Why should we take part?

Schools: This is a rewarding experience that gives students the chance to develop their entrepreneurial skills, making their fundraising plans a reality and putting their good ideas into practice to turn their £30 into more. This is an inter-schools competition and the school that raises the most money will be the proud winner of the 2021 Schools Challenge Cup.

Businesses: This is about team work, creativity and having the competitive edge. It's a great way of fulfilling your corporate social responsibility and an even better way to engage with your team and colleagues whilst giving something back to a local cause.

How do we sign up?

- Register your team
- Gather your fundraising ideas together
- Our Fundraising Team will be in touch, sending you your £30 loan and fundraising resources from the Hospice
- Start promoting your participation in the challenge and get stuck into your fundraising activities



Corporate Challenge
1st August – 31st October 2021



Schools Challenge
20th September – 22nd October 2021

For more information about how you can get involved email fundraising@springhill.org.uk, call the Fundraising Team on 01706 641790 or visit www.springhill.org.uk/30challenge



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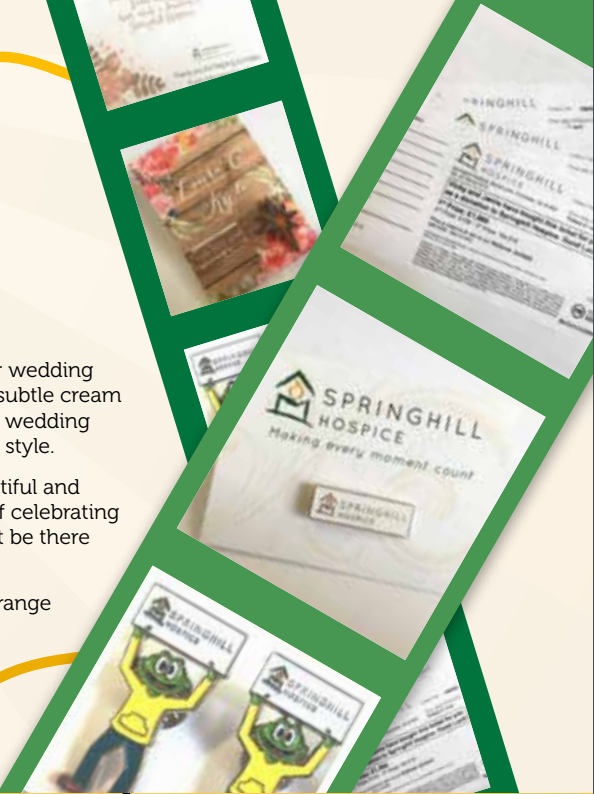
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Wedding Favours

Let Springhill put the finishing touches to your wedding day with our range of wedding favours. From subtle cream pin badges to personalised Lottery tickets, our wedding favour range can be personalised to suit every style.

Springhill's wedding favours are not only beautiful and cost effective but are also a memorable way of celebrating your love for those special people who cannot be there to celebrate your special day.

To find out more about our Wedding Favours range visit www.springhill.org.uk/wedding or call 01706 641790 to discuss your requirements.



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SPRINGHILL Lottery

The Springhill Weekly Lottery gives you a chance to win the top prize of £1,000 each week!

For just £1 per week you could win one of 17 amazing cash prizes, with the added bonus of the opportunity to scoop up the Rollover Jackpot of up to £10,000*. Your Weekly Lottery membership also gives you entry into our two Super Draws, each with a top cash prize of £5,000.

By playing the Springhill Weekly Lottery you are helping Springhill to support more people who need specialist care.

The Springhill Lottery provides regular, reliable income for the Hospice, enabling us to plan how we will care for patients in the future.

You can also support care at Springhill by gifting a Lottery membership to a loved one. For more information please contact the Lottery Office on 01706 631013.

*Our Rollover Jackpot will increase by £200 each week it isn't won and if it reaches £10,000, then one lucky winner is guaranteed to win it that week!

By playing the Springhill Lottery you are supporting local people when they need it the most. To join Springhill's Lottery visit www.springhill.org.uk/hospice-lottery or call 01706 631013.

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Registered Charity No: 701798

 **R E S I D E**

01706 356633
www.reside.agency



Sunflower Appeal

Jean's Story

My journey with Springhill Hospice began in 2013 after my husband Roy was diagnosed with stage 4 lung cancer in October 2012.



At the end of April 2013 Roy started to go to Day Hospice at Springhill. On his first visit I went with him and was allowed to stay and have lunch with him. On the third Monday, I received a call from the Hospice saying that Roy wanted to come home, so our son Mark and I went to pick him up. Later that day he started to get a lot of pain. Roy had a heart problem so we attended an appointment at Bury hospital for some checks and tests on his heart, which came back clear. We later returned to Springhill. His room was so homely. He had all clean bedding and a fresh jug of iced water on his table. Unfortunately, Roy's condition deteriorated quite quickly and he passed away

at 3.30am with me by his side.

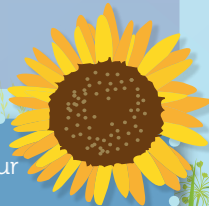
We had been married for 52 years; I can't express enough, the love and care everyone at the Hospice shows to the patients and their families. I choose to support the



Sunflower Appeal because it is a different way to support the Hospice. Each sunflower plaque has the name of the person who it is dedicated to - it looks really pretty in the garden. I also support their Lottery and Light up a Life at Christmas.

It doesn't cost too much money to support these fundraisers and if we all did our little bit, it would make such a difference. The Hospice is a big asset to Rochdale and surrounding areas. My sister Mavis, was also in the Hospice whilst she had MS and cancer. When she was admitted she was quite perky and sitting up in bed. On one occasion I was visiting her, the drinks trolley came round and she had a G&T - it was not a pub size but certainly hit the spot!! It's like a 5 star hotel! Unfortunately, Mavis passed away after a short stay in the Hospice. Each patient is treated with great dignity and all the doctors, nurses, and staff are fantastic. It is not a frightening place, it's beautiful, happy, and I am so grateful that both my husband and sister died peacefully in such a wonderful place.

Please join me and dedicate a Sunflower plaque to your loved ones.



To find out more about our Sunflower Appeal and make your dedication visit www.springhill.org.uk/sunflower-appeal

Help us to fill Springhill's gardens with sunflowers in memory of your loved ones

This Summer, Springhill invites you to dedicate a Sunflower in memory of your loved ones. We hope to fill the Hospice gardens with a 'bloom' of sunflower plaques as a tribute to the special people who have brought love and joy to our lives.

Subject to Covid restrictions, we will open our gardens for our Summer Garden Celebration in August where we invite you to join us to view and collect your sunflower plaque. You can then display your personalised, keepsake sunflower plaque in your own meaningful place, whether this be your own garden or somewhere special inside your home.

To find out more about our Sunflower Appeal and make your dedication visit www.springhill.org.uk/sunflower-appeal



There is no minimum donation to make a dedication to our Sunflower Appeal. Every donation we receive will help us to provide care, comfort and support for our patients and their families.



Summer Garden Celebration Sunday 8th August

Join us on Sunday 8th August for the return of our annual Summer Garden Celebration*. This is the perfect opportunity to tour our beautiful Hospice gardens, purchase homegrown plants and produce, have fun with family and friends with our garden games, food stalls and plenty of craft stalls to browse too.

*Our Summer Garden Celebration is subject to postponement/cancellation in line with Government Covid guidance. Government restrictions and guidance will be closely monitored in the run up to the event and adhered to on the day.



To find out more about the Summer Garden Celebration, visit www.springhill.org.uk/sgc



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Open Events

September 2022 Admissions

Open Evening for Year 7 Entry
 Thursday 30th September 2021
 5.00 - 7.00pm

Sixth Form Open Evening
 Thursday 11th November 2021
 6.00 - 8.00pm

Look out for our virtual open evening resources on our website later in the summer



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Join Springhill's NEW hot challenge this October

Saturday 30th October 2021

Springhill Hospice car park

Entry: £45 per person, plus sponsorship target

For all the adrenaline junkies and Springhill supporters who would love a daring challenge, our Firewalk could be right up your street.

A perfect seasonal event where you can face your fears, take on the flames and defy your demons.

To prepare you for your firewalk experience there will be a motivating and inspiring seminar before you face the coals.



*Our Firewalk is subject to postponements/cancellation in line with Government guidance. All restrictions and guidance will be closely monitored in the run up to the event and adhered to on the day.



For more information about our brand new Hospice challenge visit www.springhill.org.uk/firewalk email fundraising@springhill.org.uk or call 01706 641790

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Meet some of our Hospice Heroes

Our wonderful fundraisers have been giving their time and effort, finding ways to support our patients and families during what has been such a difficult time. It's only with support like this that we can continue to provide such specialist care at Springhill Hospice. Our heartfelt thanks go out to our wonderful community, who go above and beyond to support Springhill.

Here are just a few examples of your kindness over the past few months.



Ava and Nellie Kitchen

Sisters Ava and Nellie, aged 9 and 6, from Milnrow, decided that they wanted to raise money for charity and do extra exercise. They chose Springhill Hospice for their first challenge. Their aim was to walk, run or cycle 4 miles every day for 40 days between them to cover 160 miles in total and they hoped to raise £200.

With the support and encouragement of mum and dad, the girls kept going despite cold, wet, snowy and icy conditions proudly wearing their Springhill t-shirts each step and pedal of the way. The girls finished their challenge with a special walk to the Hospice, managing to complete 164 miles in total. Ava and Nellie raised a wonderful £666.25!

Helen and Vicki Bailey

Helen and Vicki set out to raise "a little bit of money" for Springhill because of the "exceptional care given to our dad Keith in his last days". Their dad's favourite place was North Wales where his pride and joy, the family caravan, was housed. The distance from their house and back to the caravan is 282 miles and so, to coincide with what would have been Keith's 65th birthday, Helen and Vicki each decided to walk that same distance in a month. This worked out at 10 miles each and every day, whatever the weather, and had to be done locally because of Covid-19 restrictions. Quite a challenge but as Helen and Vicki said "nothing compared to the work the Hospice does".

The challenge was completed in style and, with some additional match funding from Santander, they raised an amazing £3,596.25.



Joshua Brennan

At a time when we have been in and out of lockdown spending time in the gym was something to savour and Josh decided to use that time to benefit Springhill and its patients by setting out to row 100 miles in 30 days. Josh successfully completed his challenge and raised £381.25 for patient care.



Rachel Harmon

Rachel set off with a New Year's challenge to run 50 miles in a month and raise £600. A great way to lose some weight and raise money. Rachel not only reached her distance target earlier than planned, but kept going, clocking up an extra 10 miles and raising a total of £705. A star runner and fundraiser.



Romi Gully

Fundraising whizz-kid Romi, aged 7, from Middleton decided to cycle 100 miles in March with her dad, raising money for Springhill because it is close to their hearts. Cycling before and after school, Romi successfully beat her target completing over 126 miles and managed to raise a superb £2,587.50.



If you are holding your own Hospice Hero fundraiser we are here with help and advice to support you every step of the way. Let us know your plans by emailing fundraising@springhill.org.uk or you can call the Fundraising Team on 01706 641790. We look forward to hearing from you.

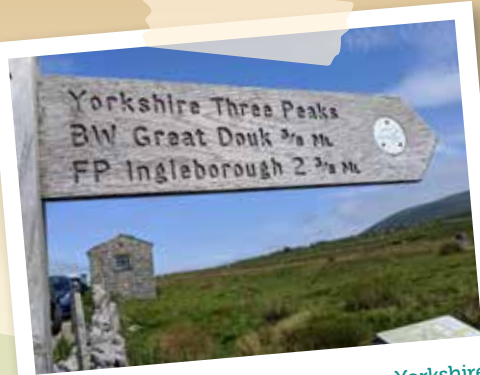


Challenge yourself for Springhill Hospice

With our programme of challenges, at home and abroad, this is your opportunity to achieve something amazing. Set yourself a personal challenge, or push yourself to the limit!



Jump at the chance Tandem Skydive
18th July
Experience the thrill of freefall from up to 15,000ft, reaching a speed of 120mph, all whilst taking in the stunning views of The Lakes!
£50 deposit £400 sponsorship target



Reach peak performance Yorkshire Three Peaks
7th August
Starting and finishing in Horton-in-Ribblesdale you will climb to the summits of Pen-y-Ghent (694m), Wharfedale (736m) and Ingleborough (723m). The challenge is to complete the walk within 12 hours. Qualified and experienced guides will be with you every step of the way.
£30 registration fee £200 sponsorship target



Run for Springhill William's BMW Rochdale Half Marathon, 10k and Fun Run - 3rd October
Whether you are an experienced runner looking to beat your Personal Best, or wanting to step up to the challenge for Springhill Hospice, you'll definitely love the William's BMW Rochdale run events!
Personal sponsorship target

Our challenge and events programme includes lots of different ways you can support Springhill by taking on a fundraising activity. If you are still looking for your perfect personal challenge then we will help you find the event that suits you best.

To see our full programme of challenge events visit www.springhill.org.uk/challenges
For more information please contact the Fundraising Team by calling 01706 641790 or email fundraising@springhill.org.uk



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Alex and Louisa's Story

'Despite the pandemic, Springhill's nurses gave our mum the most amazing care.'

We're Alex and Louisa, and our mum Elizabeth died at Springhill at the beginning of this year. It wasn't the first time they'd cared for our family – Dad spent his last days there nearly 10 years ago. When he was there it was completely different of course. We were all able to pile in, family and friends, and we all got to spend lots of time with him. With Mum it was so different. Only one of us could go at a time (with her dog Maddie!) – and we had to wear masks and PPE. But the care was just the same. The nurses made time for Mum; they'd come and sit with her, keeping us going with cups of tea and cake. Because of them, despite the pandemic, Mum had the most wonderful care.

It started in the April of last year. Mum was one of those who caught COVID early on. She got through it, but months later she was in constant discomfort. The doctors thought it was the 'long COVID' we've been hearing about – but she kept getting worse. Tests were delayed and cancelled – and by the time we finally got a proper diagnosis it was too late. She had a large tumour; it was terminal, she only had weeks left.

She was referred to Springhill and was under the care of their Community Team who recommended she be admitted into the Hospice, just for a week, to help ease her pain. Mum was scared, she knew Dad had gone in and not come out again – and she was determined to spend as much time as she could with us. But she went in, and they made her feel so welcome, so safe. They completely sorted her pain control, got her feeling so much better. They made a big fuss of her, the nurses thought she was hilarious! She started eating properly again, for the first time in so long ("I'm having three courses today!" she'd say).

The worry dropped away from her at Springhill – but she still wanted to come back out as soon as she could. She wanted us, her daughters, to look after



Alex and Louisa supported our Nursing Resilience Appeal this Spring. To find out more about our appeal and how the pandemic has effected the Hospice visit www.springhill.org.uk/nursingappeal



her – and so we asked the nurses to help us make that possible. They were wonderful. They came out to our house (Mum was too poorly to go back to her own home) and worked out everything she would need. They sorted out a special bed, mattress, medicines – and then they brought her home to us. This was two weeks before Christmas.

For three weeks our front room became Mum's bedroom. We spent every minute with her, just talking, laughing and remembering. We'd take it in turns to sleep on the sofa next to her, so we could help her overnight when she needed it. Christmas Day was the most wonderful, memorable day. She got to see her seven-year-old grandson opening his presents in the morning and we shared our Christmas meal together in our little 'bubble'.

By early January this year though, she'd really started to go downhill. She needed more and more constant care; she was weaker and sicker than ever. We were really tired, too. We both work and having to keep that going and then care for Mum when we got home was exhausting (heaven knows how the Hospice nurses cope doing their job every day, we only had three weeks). To be honest, it had become too much for us to manage and so we said "Mum, we're really struggling" – and she understood.

We spoke to the nurses again and once more Springhill came out to us. They brought her back to the Hospice. It was mid-morning and they settled her into the bed in her room. She was comfortable, calm, peaceful, out of pain. She slipped away that evening.

The pandemic meant that the end of Mum's life was very different to Dad's. But they both received the same incredible, dedicated, compassionate care from the nurses Mum always called 'the angels'. They've given both our parents the care we couldn't, when they needed it most. We will be forever grateful.



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Our Golf Day may be subject to postponement/cancellation in line with Government guidance. Government restrictions and guidance will be closely monitored in the run up to the event and adhered to on the day.



To register your team visit www.springhill.org.uk/golf or call 01706 641790.

Working in partnership

The support of local companies and businesses enables us to secure our future and continue to provide specialist and tailored care to patients across the borough. Supporting Springhill can be mutually beneficial; with opportunities for team building, corporate entertaining and publicity coverage being just some of the benefits to companies. Here's just some of the ways we can work in partnership:

- Choose Springhill as your Charity of the Year. Great for team building, bringing your employees together and strengthening your business.
- Enrol your employees in Springhill's Lottery. A double win as you get that feel good factor by supporting your local Hospice whilst giving something back to your employees with the chance to win one of our cash prizes!
- Sponsorship and advertising opportunities. One of the most effective ways to support us and increase awareness of your business at the same time is to be a headline sponsor of one of our events, campaigns or activities. It's a great, fun way to be involved and we

have lots of opportunities to suit a variety of budgets.

- Workplace fundraising allows you to support your local Hospice whilst providing some fun activities for your employees to participate in.
- We can support volunteering opportunities, allowing your staff to donate their time to do something amazing for their community. We have a number of opportunities available at the Hospice ranging from helping with a spot of decorating to maintaining our beautiful gardens, volunteering at one of our events, or even helping in one of our charity shops.
- Donate products and services to help to reduce the running costs of the Hospice. We are so thankful to the many businesses who offer their services, products and even support when we are in need of funding for certain items for the Hospice.



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To find out more about how you can work in partnership with Springhill Hospice contact our Corporate and Partnerships Fundraiser on 01706 641790 or email fundraising@springhill.org.uk




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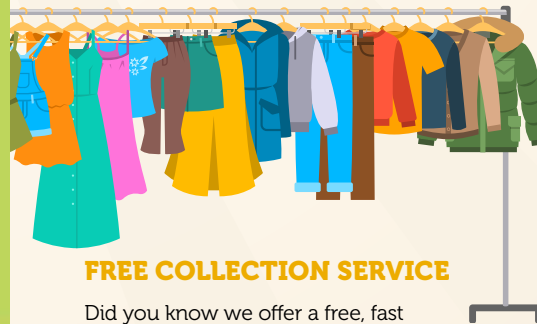


Happy to welcome you
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Snap up a bargain as you shop with Springhill

After being closed through the majority of the pandemic, we were thrilled to reopen our charity shops on Monday 12th April.

We are delighted to welcome you back through our doors and invite you to visit your local Springhill shop. All contact numbers, as well as opening times and donation days, can be found on our website.



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Did you know we offer a free, fast furniture collection service for items donated to Springhill Hospice. We are able to collect all sorts of items like sofas, tables, beds and more. To book your collection today visit www.springhill.org.uk/furniture-collection or call the Emporium on 01706 522844.

SHOP ONLINE

From vintage toys and memorabilia to antiques and designer clothing; whatever your interests you can find something special at Springhill's eBay store. Shop with us today: www.ebay.co.uk/str/springhillhospicecharity



DONATE TO US

We would like to say a huge thank you to everyone that has held on to their pre-loved items whilst our shops have been closed over the past few months. Your donations are really important to us and will make a huge difference for people affected by any life limiting illness in your local community.

We rely on your donations to raise vital funds to care for our patients and their families. Your generosity helps us to keep our shops filled with high quality stock, meaning we can raise as much money as possible for those in our care.

Although we are accepting donations once again, please note that some of our shops have limited storage space and may not be able to accept donations at certain times. Please bear with us as we work through our donations and check our website/social media sites for updates about our donation days. You can also call ahead to your chosen shop before dropping items off to check they have space to take your donation on a specific day.

THANK YOU

We would like to thank our wonderful shoppers, donors and volunteers for your continued support. Every donation and purchase made not only gives these items a new home and lease of life, but the money raised will help Springhill continue to provide specialist palliative care to our patients and their families across Rochdale.

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